

Hari Om

## **CMBV HW: Hindu Culture**

### **Additional HW over long breaks:**

Every day, after your morning shower, sit properly dressed before your altar of God. Clean your altar daily. Have your parent light a candle/tealight at the altar. Offer your loving pranaam to God and Guru, and invoke their blessings. Do japa 108 times daily (or twice a day, 54 times each sitting) of your chosen mantra. Chant aloud or silently; use your japa mala or count on your fingers.

### **Class 1**

- Hindu Culture: Read Ch 1. Use a highlighter to highlight the main points. Write additional notes as needed.
- My Prayers: Practice any new prayers learned in assembly. Every day, listen to any one stotram and any one bhajan on the CD. Practice chanting or singing either of them.

### **Class 2**

- Hindu Culture: Read Ch 2. Use a highlighter to highlight the main points. Write additional notes as needed.
- My Prayers: Every day, listen to any one stotram and any one bhajan on the CD. Practice chanting or singing either of them.

### **Class 3**

- Print the [HW File](#) from the website and keep all the papers in order in your CMBV binder.
- ADF Project: On regular or cardstock paper, create 3 columns with the titles, as shown on Page 2 of your HW File: Analyze, Detect, Fix/Improve. Write each question given in the Analyze column. Write your answers in the other 2 columns.
  - o Am I loving to one and all?
  - o Do I inflict my mood swings on others?
  - o Do I respect all my elders, whether family or not?
- My Prayers: Practice any new prayers learned in assembly. Every day, listen to any one stotram and any one bhajan on the CD. Practice chanting or singing either of them.

#### **Class 4**

- Complete the “Lesson 3” worksheet in your CMBV binder (from the [HW File](#)).
- ADF Project: Write your answers to the questions given in class.
  - Am I always fair with all my peers equally?
  - Do I have the courage to acknowledge and apologize for my mistakes?
  - Do I sacrifice for others?
- My Prayers: Practice any new prayers learned in assembly. Every day, listen to any one stotram and any one bhajan on the CD. Practice chanting or singing either of them.

#### **Class 5**

- ADF Project: Write your answers to the questions given in class.
  - Am I willing to understand my parents’ viewpoints?
  - Am I compassionate toward people in need?
  - Am I moody?
- My Prayers: Practice any new prayers learned in assembly. Every day, listen to any one stotram and any one bhajan on the CD. Practice chanting or singing either of them.

#### **Class 6**

- Study the “Our Scriptures” page in your binder (from [HW File](#)). Speak about it and share the info with your parents.
- ADF Project: Write your answers to the questions given in class.
  - Am I mentally strong and positive?
  - Do I share with others?
  - Am I always clear about my goals and purpose in life?
- My Prayers: Practice any new prayers learned in assembly. Every day, listen to any one stotram and any one bhajan on the CD. Practice chanting or singing either of them.

#### **Class 7**

- ADF Project: Write your answers to the questions given in class.
  - Do I lie to my parents?
  - Do I lie to my friends?
  - Do I lie to myself?
- My Prayers: Practice any new prayers learned in assembly. Every day, listen to any one stotram and any one bhajan on the CD. Practice chanting or singing either of them.

## **Class 8**

- Hindu Culture: Read Ch 3-4. Use a highlighter to mark the main points in the book. Write additional notes as needed.
- ADF Project: Write your answers to the questions given in class.
  - o Do I give one-on-one time to God?
  - o Do I have a connection with God?
  - o Do I show my gratitude to God?
- My Prayers: Practice any new prayers learned in assembly. Every day, listen to any one stotram and any one bhajan on the CD. Practice chanting or singing either of them.

## **Class 9**

- Hindu Culture: Read Ch 6. Highlight/Write the main points.
- ADF Project: Write your answers to the questions given in class.
  - o Am I “courageous and disciplined” as taught in the CM Pledge?
  - o Do I “stand as one family” with my parents?
  - o Do I have a “taking”/dependent relationship with the world or a “giving”/independent relationship with the world?
- My Prayers: Practice any new prayers learned in assembly. Every day, listen to any one stotram and any one bhajan on the CD. Practice chanting or singing either of them.

## **Class 10**

- Hindu Culture: Read Ch 5. Highlight/Write the main points.
- ADF Project: Write your answers to the questions given in class.
  - o Do I use my time wisely?
  - o Am I a procrastinator?
  - o Am I lazy?
- My Prayers: Practice any new prayers learned in assembly. Every day, listen to any one stotram and any one bhajan on the CD. Practice chanting or singing either of them.

## **Class 11**

- Hindu Culture: Read Ch 9. Highlight/Write the main points.
- ADF Project: Write your answers to the questions given in class.
  - o Do I keep things around me neat and clean?
  - o Do I have control over my desires?

- Do I have control over anger?
- My Prayers: Practice any new prayers learned in assembly. Every day, listen to any one stotram and any one bhajan on the CD. Practice chanting or singing either of them.

### **Class 12**

- Hindu Culture: Read Ch 10. Highlight/Write the main points.
- ADF Project: Write your answers to the questions given in class.
  - Do I keep things around me neat and clean?
  - Do I have control over my desires?
  - Do I have control over anger?
- My Prayers: Practice any new prayers learned in assembly. Every day, listen to any one stotram and any one bhajan on the CD. Practice chanting or singing either of them.

### **Class 13**

- Hindu Culture: Read Ch 12. Highlight/Write main points.
- Complete the “Lesson 12” (Know Your Strength) worksheets in your binder (from [HW File](#)). Bring and be ready to discuss in class.
- ADF Project: Start making a creative, artistic booklet of your ADF project worksheets. Be ready to show in 2 weeks.
- My Prayers: Practice any new prayers learned in assembly. Every day, listen to any one stotram and any one bhajan on the CD. Practice chanting or singing either of them.

### **Class 14**

- Hindu Culture: Read Ch 13. Highlight/Write main points.
- ADF Project: Prepare a creative, artistic booklet of your ADF project worksheets and show next week.
- My Prayers: Practice any new prayers learned in assembly. Every day, listen to any one stotram and any one bhajan on the CD. Practice chanting or singing either of them.

### **Class 15**

- Hindu Culture: Read Ch 15.
- My Prayers: Practice any new prayers learned in assembly. Every day, listen to any one stotram and any one bhajan on the CD. Practice chanting or singing either of them.

## **Class 16**

- Hindu Culture: Read Ch 18.
- Bring any one face (not full costume) mask to class.
- My Prayers: Practice any new prayers learned in assembly. Every day, listen to any one stotram and any one bhajan on the CD. Practice chanting or singing either of them.

## **Class 17**

- Hindu Culture: Read Ch 7 and highlight/write the main points.
- Review the “Lesson 31” pages in your binder (from [HW File](#)). Read the steps with your parents and discuss the significance of the steps.
- Write a thoughtful and detailed essay on “What are my duties to myself?” Write a thoughtful and detailed essay on “What are my duties to myself?” Be cheerful and relaxed as you write. Bring it to class in 2 weeks.
- My Prayers: Practice any new prayers learned in assembly. Every day, listen to any one stotram and any one bhajan on the CD. Practice chanting or singing either of them.

## **Class 18**

- Hindu Culture: Read Ch 8 and highlight/write the main points.
- My Prayers: Practice any new prayers learned in assembly. Every day, listen to any one stotram and any one bhajan on the CD. Practice chanting or singing either of them.

## **Class 19**

- Hindu Culture: Read Ch 11 and highlight/write the main points.
- My Prayers: Practice any new prayers learned in assembly. Every day, listen to any one stotram and any one bhajan on the CD. Practice chanting or singing either of them.

## **Class 20**

- Hindu Culture: Read Ch 14 and highlight/write the main points.
- My Prayers: Practice any new prayers learned in assembly. Every day, listen to any one stotram and any one bhajan on the CD. Practice chanting or singing either of them.

## **Class 21**

- Read Hindu Culture Ch 16 and highlight/write the main points.
- My Prayers: Practice any new prayers learned in assembly. Every day, listen to any one stotram and any one bhajan on the CD. Practice chanting or singing either of them.

## **Class 22**

- Hindu Culture: Read Ch 17 and highlight/write the main points.
- My Prayers: Practice any new prayers learned in assembly. Every day, listen to any one stotram and any one bhajan on the CD. Practice chanting or singing either of them.

## **Class 23**

- Hindu Culture: List all the concepts/main points that interested you most.
- My Prayers: Practice any new prayers learned in assembly. Every day, listen to any one stotram and any one bhajan on the CD. Practice chanting or singing either of them.

## **Over the summer**

- My Prayers: Practice any new prayers learned in assembly. Every day, listen to any one stotram and any one bhajan on the CD. Practice chanting or singing either of them.
- Read all the pages on “Meditate with the Master” in your binder (from [HW File](#)). Over the summer, meditate on one exercise daily for 5-15 minutes in the morning after bath before your altar of God. Go in order and use the same exercise for one week; then go to the next exercise and when you finish with all of them, start over.
- ADF Project: Review your booklet before the summer, and choose what you will put into practice over the summer. Review the same booklet after the summer and reflect on your progress.
- Hindu Culture: Re-read it fully the summer and allow the concepts to seep in.